

How to become a Great Athlete



W. H. T. POWELL

by

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HOW TO BECOME A GREAT ATHLETE:

BY

Maxick,

THE MOST MARVELLOUSLY DEVELOPED AND
THE STRONGEST MAN OF HIS WEIGHT
IN THE WORLD.

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THE AUTHOR.

INTRODUCTION.

THE object of the present treatise is not so much to deal with the scientific side of athleticism as with the means of attaining the power necessary to apply science to the greatest advantage.

Just as the most wonderful machine that the greatest genius of mechanical skill has ever conceived is a dead thing without the motive power, so is an athlete without strength, useless. It is the harmonious blending of the skill and the power that is the great factor, be it in the direction of mechanical or physical work.

This great living fact is so apparent that I almost feel I owe an apology for even broaching it; but so many teachers have discounted "the power behind the machine" of late, that I feel it incumbent upon me to make it the chief point of issue here.

In spite of the many volumes purporting to instruct in the Art of Scientific Weight lifting, which have been written by incompetent men, and the conflicting and erroneous ideas which consequently exist amongst aspirants of the sport, the science has reached a height of proficiency in England that is admirable, and is worthy of the highest praise. Therefore, apart from explaining a few lifts which have direct bearing upon weight-lifting, I shall not deal with anything but the more important matter of strength.

I ask those who would like to know on what I base my claims to write on so vital a subject, to note the following records which I performed in the presence of the public, and of gentlemen whose names are famous in the world of sport as upholders of cleanness, and whose integrity is unimpeachable. The scales and weights have at all times been accessible to the public, and my weights to trial at the hands of any who were in doubt. I am forced to emphasise the above facts, because there has been

more than one contest and record-breaking of recent years where the public were debarred from going anywhere near the weights or scales; and an atmosphere of doubt has hung about these affairs to the detriment, not only of the sport, but of all concerned. Of fake record-breakings and imitation weight-lifting contests and matches I shall have something to say later on.

My best lifts performed in London were as follows:—

LIFT.	WEIGHT.	MY WEIGHT.
Two-handed jerk	322½ lbs.	108l. 10lbs. in costume
Two-hands clean	272½ lbs.	„ „
Two-hands press	254 lbs.	„ „
One-hand jerk	232 lbs.	„ „
One-hand snatch	160 lbs.	„ „

The above lifts are on record, and if compared with the performances of any heavy-weight lifter in the world, will more than support my claim to deal with the subject of strength.

I will now bring to your notice the manner in which I became the most wonderfully developed and strongest man of my weight of which we have any record.

There is no doubt but that the following sworn statement will be of the greatest interest, especially in the days of materialism, for it reads like a miracle! But, as you will see on perusal, the transition from a condition of pitiable weakness to that of a wonderful strong man, whose feats of muscular control are a marvel of an age of marvels, is no miracle, but a natural process, and one which will appeal to all in search of a natural condition.

I was born twenty-eight years ago in Munich, Bavaria. My parents were in no way remarkable, unless it be in the fact that they were subject to all the petty ills that make life a burden, and to which I was the heir; for I was a puny, delicate child—so full of rickets, that I had reached the age of five before I could walk; and for the next two years I was so weakly that the school authorities exempted me from attendance. Indeed, I was always ailing, and my condition was often so precarious that more than once my life was despaired of.

At the age of seven I went to school for the first time, and then I realized how weak I was by comparing myself with the other boys, who were no more than ordinary healthy, boisterous fellows.

Being far too feeble to join in their sports, I naturally had the desire to be strong, but my parents were opposed to my exerting myself in any way, maintaining that one as weak as I could only injure himself by indulging in any form of exercise. But, in spite of the atmosphere of error with which I was surrounded, the desire to become strong obsessed me to such a degree, that the idea of using the mind as apparatus gradually evolved itself, and thus, in opposing my desires to exercise, my parents had sown the seeds that were to fructify to so great an extent.

It required some years, however, before I discovered the real secret of "mind over matter," but from the moment I realised the full meaning and the possibilities of this inner force, I went on with determination, and within a very short space of time I was physically as you see me now, and mentally possessed of so strong a will, that I am able to deny myself of anything but the bare necessities of life without the least difficulty or ill effect.

It would take a long time to explain the process of thought that led up to the evolution of the above Idea, and it really comes under the many things which are of greater interest to the psychologist than to others whose days are taken up with the pursuit of material things.

You have seen above how I have proved myself in feats of strength, and the reasons for my first visiting this country are perhaps ancient history, but in view of the present revival in matters pertaining to Physical Culture, the story will bear repeating here.

I came to England in answer to a challenge thrown out to the world by Thomas Inch. My arrival was the signal for the most blatant exhibition of side-stepping by that gentleman that it has ever been my misfortune to witness. I was unable to get

a match under any conditions whatever. I conceded everything that was possible, even, to accepting the challenger's pet lifts at catch weights, but I was told that Inch "had more important fish to fry." My offer to fry his fish for him met with a discreet though pussilanimous silence, which was only broken when he called me a bluffer. Then he strove to hide himself behind a much better man, and eventually sought to escape the many men who were urging him to meet me by putting what he considered a prohibitive price upon his challenge. A subsequent invitation to meet me for the honour of British Sport was, with my other offers, treated with a thin coating of vituperative paint. I am proud to be able to say that this unsportsmanlike treatment gained me more supporters than a physical victory could have done, and gave me a greater insight into the true sportsmanship for which the Briton has ever been famous. The challenge which had been the source of so much annoyance to me, and doubtless of great trepidation to Inch, was withdrawn, and one addressed to men of British birth only, substituted.

This last of a series of side-steppings was an irrefutable, though tacit acknowledgment that he was afraid of me, and it was indeed a moral victory for me. But I was not satisfied. I wanted to show Britons that I was not a bluffer, and that I was prepared to prove my right to a contest, and that I was worthy of the trust that my British adherents reposed in me. Therefore, on various dates, I made world's records, and even lowered some of the English Heavy-weight records.

It will come as a surprise to many, after having read the foregoing, when I say that I am not by any means a keen weight-lifter. The study of Nature, either in herself, or reflected in the writings of the poets, philosophers and scientists, have a far greater attraction for me than the elevation of masses of metal.

I only became a weight-lifter in order to prove that the "*control of the muscles*" was the greatest consideration in the performance of feats of strength; and I reason, with obvious logic, that if I am able to perform feats of strength far beyond

anything ever accomplished by the most scientific lifter at my weight, by controlling the muscles, I can put that power to a much greater use; in fact, to the greatest use of which this world is in need—to the curing of disease.

But as this book is written for athletes, I will not digress here, but intend to explain in a subsequent volume this wider use to which I am putting my discoveries.



How to become a Champion.



NOW, the great secret of doing anything well is doubtless in being acquainted with all things connected with it, in knowing the relative values of one thing to another and their powers, and then in applying this knowledge to accomplishment. This is the secret, no less where physical power is to be directed towards any issue. There must be a knowledge of the sets of muscles which are to be used in any particular effort, and there must be control. One must be able to call forth the set of muscles needed as swiftly as the thought, and then must come the effort, not directed by any feebleness, but by the power of the will. All must be subservient to the will!

Now comes the great point. How are you to perform feats which are according to many authorities practically impossible? How can you support strain that seemingly is not in the power of the human frame? How bring a speed to an effort out of a form which, compared to other animals, is superlatively slow? where lies the secret? The answer to all these questions is the

following two points, which I ask you to remark particularly :—

1. Conservation of Energy !
2. Distribution of Energy !

It was easy for me to realise that energy is created in the body, but it was a most difficult matter to discover the best method of conserving energy. I had to clear away the weeds with which the true pathway was choked up, and wade through the mire that cling about the explorer's feet in the shape of chest expanders, patent dumb-bells, developers, and the many things that have led the would-be athlete into a cul-de-sac, and beset his way for years.

Eventually I came to the conclusion that the use of any external apparatus meant the useless expenditure of energy, and that any muscle that was forced on by suffering nature in an attempt to protect itself from the ravages of these ill uses were comparatively devoid of spring, speed or utility.

So much faith had been vested in these various apparatus, that I was not quick to give them up, and it was only after the most diligent experiment that I decided that they were useless. As surely as I gave effort to work with an exerciser, waste of energy followed; and what astounded me more than anything else, and brought me to a sudden knowledge of the truth, was the fact that any muscle that had appeared, fled as soon as I suspended the use of that particular exerciser. But in spite of this last fact, I was reluctant to denounce absolutely the use of apparatus until I conceived the idea of using the mind as an apparatus !!!

This Will, this self within me, should be used to develop my body just as it had been used to develop my brain. Just as I can only learn by actual application of my mind, so can my body only be brought to a state of perfection and into a condition of usefulness through the close employment of my mind !

This was the theory which I determined to put to the test. This was the theory which,—now no longer a theory, but a proven thing—led me up from the slough of weakness and impotence to my present enviable condition of health and

strength. But it was long before I discovered that by using the Will to control the muscles, not only did I gain development and strength, but that I was storing energy. By giving nothing out, I was slowly conserving energy, and as in the commerce of the world, interest is given for money, and the more money, the more interest; so, the more energy conserved, the more strength is proportionately attained, and with interest, because it reacts upon itself.

Just as the magnet, permeated as it is with a strange energy, attracts, and draws into the vortex of its power, so will a man whose store of energy is replete, draw to himself more power and force from without. Not only in a physical way, but in a mental or psychological sense, will he attract others to him, and command respect.

The reasons for storing energy are manifold, but indicate, first and foremost, the possibility of future action. Energy would be quite unnecessary were it not for the idea of action and its subsequent use. Therefore, action being resolved upon, in whatever direction, and the energy conserved, we must next consider the "distribution of energy."

Taking it in as simple a manner as possible, we will proceed to consider the exact meaning of this term as applied to athletics. Suppose you were to take a fairly heavy weight, one heavy enough at any rate to necessitate the calling into work the greater energies of the body. Well, there are several sets of muscles brought into play, in lifting it into the desired position, and "distribution of energy" means that you control these sets of muscles as they are required for use, and thus send the essential amount of energy into each, just at the important moment. It means, moreover, that you are using the will-power and strengthening thereby the source of all power and energy.

This is not a fallacy, drawn out of the refuse-heap of the past imaginings of scientists who were working in the dark; but a strong reality, and a solid fact apparent to the least initiated; and one which, not only the athlete, but the worker in the factory, the man engaged in the less strenuous pursuits of life, and the thinker and student, cannot afford to miss if they

It is a pity that the author has so inadequately adapted the text to the needs of the reader. The text is too long and too complicated, and it is not clear what the author's purpose is. The text is too long and too complicated, and it is not clear what the author's purpose is. The text is too long and too complicated, and it is not clear what the author's purpose is.

There is no doubt that the case of the Judge in question deserves a full and complete investigation, and to this end the Executive Committee of the Anti-Slavery Society of America has already taken the necessary steps to be discussed by the various societies connected with it, and a full investigation of the gentleman in question is being carried on as speedily as he can scarcely be blamed.

[illegible]

For $\alpha \in \mathbb{R}$, let \mathcal{F}_α be the class of functions f on \mathbb{R}^d such that

which is superior to the white ones, it is supposed to
 sweeten the coffee. It is said that the black ones are
 the best. It is also said that the black ones are
 in all cases superior to white.

It is not surprising that the effect of the presence of a child on the mother's behavior is not always the same. The presence of a child can lead to a more positive attitude towards the mother's behavior, but it can also lead to a more negative attitude. The presence of a child can lead to a more positive attitude towards the mother's behavior, but it can also lead to a more negative attitude. The presence of a child can lead to a more positive attitude towards the mother's behavior, but it can also lead to a more negative attitude.

[illegible]

As noted, these values of β make it hard, if necessary, to determine that etc. But the bounds are, by a factor of β , almost tight and are, in fact, not too far off from positive for all

I am so interested in the work he is doing in this way
and say the only way to get the best of it is to let it go.

[illegible]

BIRDS OF PREY.

1. The first step is to identify the problem. This involves understanding the current situation, the goals, and the constraints. It is important to gather all relevant information and to define the problem clearly.

2. The second step is to generate ideas. This involves brainstorming possible solutions and evaluating their feasibility. It is important to consider a wide range of options and to be open to creative thinking.

3. The third step is to select a solution. This involves choosing the best option from the ideas generated in the previous step. It is important to consider the pros and cons of each option and to make a decision based on the available information.

4. The fourth step is to implement the solution. This involves putting the chosen solution into action. It is important to monitor the progress and to make adjustments as needed.

5. The fifth step is to evaluate the results. This involves assessing the effectiveness of the solution and determining whether the goals have been achieved. It is important to reflect on the process and to learn from the experience.

But isn't it worse than ever? Isn't it a more
 brutal condition than ever before? Why? Well, it
 is our attitude that is the cause. In the old days
 they didn't know that they were doing it. They
 were so weak they couldn't see it. They

[illegible]

THE COURT OF CHANCERY OF THE STATE OF NEW YORK
IN SENATE
JANUARY TERM, 1908
IN SENATE
JANUARY TERM, 1908
JANUARY TERM, 1908

[illegible][illegible][illegible]

athletes.

a price list is enclosed.

1. $\nabla \cdot \mathbf{v} = 0$ (incompressibility)
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 9. $\mathbf{v} = 0$ on $\partial \Omega$ (no-slip boundary condition)
 10. $\mathbf{v} = 0$ on $\partial \Omega$ (no-slip boundary condition)

This is a handwritten note in cursive script, likely a signature or a name, located at the bottom of the page.

put is offering them at a reduced rate, a new system. Although practically admitting that they have been wrong, wrong, wrong in the past, the experts do not hesitate to excuse their error by saying that they have only just come to the knowledge of the true methods at that juncture. This action is really a magnificent illustration of excusable ignorance at the discovery of the truth. It is not so, however, so often that any real truth comes to the notice of the world, the pursuit of perfect physical culture is because it has to do with the discoveries of new systems, new methods, and it is to be continually changing and moving.

Another trick, which in its own right is a hard device, is a symbolical one, whose character of these new exercises is to trade under different names, the teachings of each of which are diametrically opposed. Once a pupil has dealt with one firm, he receives letters, etc. from the others, and carries out, of course, the "only system."

Now, when persons are allowed to go about entering the army into their nets and fleecing them of their money at the imminent risk of permanently damaging the constitution of their prey, it speaks of a looseness in the law that calls vehemently for amendment. At any rate it is a very bad state of affairs, and one which I shall always do my utmost to combat, until such time as the legislature can make the public prosecutor to end these depredations.



The True Experience of a Seeker after Physical Culture Knowledge.

Some three years ago I was tired with the habit of not becoming strong and to possess a fine physical development so I wrote to a physical culture expert for terms.

These I received and having paid my fee I began my training with the apparatus which had been advised by the expert.

I worked with a degree of zeal which was well worded of such a cause, and eventually made a certain marked improvement, although very slight.

Though I disliked I dropped the whole subject and, knowing that Maxie was not to prove his talents by going to display I went to see him.

It was on the 11th of June, 1910, when he returned to the school where word had been going that we should to the inspectors and to show up a model of our school with all the details with a number of children.

I had a lot to do, looking the afternoon and the evening, and I had to be there for the performance as a matter of fact. Nor did I have to go to the school during the day. I had to go to the school to see the work and to see the children. I had to go to the school to see the work and to see the children. I had to go to the school to see the work and to see the children.

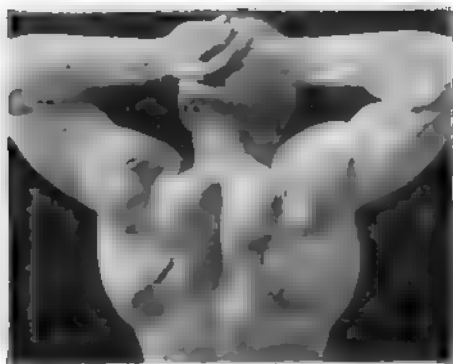
But not to further discuss my education was one more word to be said. I desire to be a strong and healthy.

I took the Maxie and the other and was astonished to find that not more than in a very little while and with very little rest, I was able to complete some of Maxie's feats of muscle control. Soon I began to put on weight, which I had not done for three years previous, and although I did not make a lot for nearly four months, I found that at the end of the year I weighed a hundred weight that I had never *jerked* before.

As a matter of fact, I was a teacher, knew a number of things, and I asked at a first interview with an excellent one, and I received a letter of a letter which opened up a new world for me. I was now free to be free to go to pay for this, and I was now free to be free to go to pay for this, and I was now free to be free to go to pay for this.

I am now a magnificent man, and a surprise to all my friends who thought I should never have made an advance. I am now a magnificent man, and a surprise to all my friends who thought I should never have made an advance. I am now a magnificent man, and a surprise to all my friends who thought I should never have made an advance.

NO WASTE-PAPER



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*How to become a great Athlete.*

■ ■ ■



It is a bad principle with reference to the other.

Gain control over all the muscles of your body—wasted, gentle application of the mind and increase the consciousness and responsiveness by ear, hand, knee, and manipulating arm muscles that appear too hard when relaxed.

If your sport requires speed, avoid weight lifting as you would the law because you will adjust to the extent of using bar bells. Always ready to admit of the name of weight lifting being applied to you with surety has one slow.

A good deal of certain weight lifting that to bring a weight to the shoulders for a second and then to lift it has to be put in order. It is not to be taken out of the mind that the fastest speed that would win a race of a few seconds for you.

A reasonable amount of weight lifting is useful to a wrestler, where pulls are concerned. In fact, it is not a good rule technique to go to a speed which would lift a weight under.

Whether it is a Lancashire Wrestling or a wrestling I remember in the present fight, I got my opponent to lift 120 pounds above his head in two halves. Young Olsen, Alexyska, La Carrol, and many others who could be mentioned have proved that weight lifting is fatal to speed.

Where pulls are concerned, the weight lifting wrestler generally starts it there, so no time lost. He can win sheer resistance from a quicker and cleverer opponent, besides escaping from locks and holds which would suit a weaker man, defeat.

Not would any of the real champion fighters think of lifting heavy weights in any form. They might pretend to do so for the purpose of misleading other champions, but they would instantly notice a loss of speed, and where the fraction of a second may win or lose a man a fight, the least thing likely to lessen speed must be considered and avoided.

I believe that Ganner Moir tried this some time back, and the results were disastrous in the extreme, as he lost two fights in double quick time to men whom I consider his inferiors in fighting ability and ring craft.

When lifting and carrying a weight use a scientific lifting technique, and work in smooth, rhythmic, constant motions, always keeping your feet in a firm, correct position, and your feet apart.

In all work with a schedule you may pass over particular movements or exercises and others may be added, depending on the condition of your body. In any case, the correct, rhythmic motion is the key to success, and the exercises should be repeated in the order in which they are performed.

Do your work in a scientific manner, and do your exercises in a rhythmic, constant motion, and you will be able to do your work in a rhythmic, constant motion, and you will be able to do your work in a rhythmic, constant motion.

It seems to me that a runner who is supposed to cover a mile in four minutes should attempt to do so in three and a half seconds, or in the previous time, if it is a mile, and it is a mile.

He would have to discover that in a few yards he must traverse a few seconds, and then in a few yards he must traverse a few seconds, and then in a few yards he must traverse a few seconds.

The same applies to weight lifting. If a competitor starts trying to make records with his lifting, he is going to make records off his feet, and he is going to make records off his feet. First get a good hold together, and then a necessary time to do it, of the time that you can do it, and then a necessary time to do it, of the time that you can do it, and then a necessary time to do it, of the time that you can do it.

A waistcoat in the costume that you are wearing on the field, and a waistcoat in the costume that you are wearing on the field, and a waistcoat in the costume that you are wearing on the field, and a waistcoat in the costume that you are wearing on the field.

In training for the latter sport always practice with the same seconds that you intend taking into the ring, with a second, you do not waste energy giving instructions as to the loading of your weights, etc.

Before competing in a wrestling or weight lifting match or competition keep on the legs as much as possible for at least

the cortex

... great ...  
... stake ...  
... the ...  
... the ...  
... the ...  
from the surrounding muscles.

It is ...  
... work ...  
... cake and have it too.

It is ...  
... the ...  
... the ...

... found anything to equal it.

... the ...

... the ...  
... the ...  
... the ...  
... the ...  
up with cold water.



The cold-water shower on all occasions be followed by a brisk rub down with dry flannel or a rough towel. Never stand about undressed, but get tight in your clothes if you do not want to contract rheumatism or other evils.

Massage and stimulation of the muscles is always good. It should be at least a few times a day, and before performance of any strenuous exercise, to leave the muscles pliable for strenuous efforts.

A warm Turkish bath twice a week is necessary to keep the skin in the proper condition. Massage and dry flannels should follow it for the reason already mentioned. But in the Turkish bath the steam puffs will be rather necessary massage.

Meals should be taken at regular hours, and this rule applies as to excess and deficiency.

A warm room is a well-ventilated room, though not in a technical or scientific sense. A dense sleeping-sack should be worn, and for as long a time as may be covering of jackets. No bare legs seen, and no feet coming out of slippers or of feet for anybody who has a good amount of blood circulation to go through.

The toothbrush is a keetchikan and a pocket tooth brush should be carried in order that the teeth may be brushed after each meal. Daily brushing or rinsing of the mouth should be thorough. Brushed with a good antiseptic wash.

It is a waste of space for the person desirous of gaining great strength to send a letter to the physician for a prescription.

A diet of sweets in the case of the persons being mentioned will be a waste of space, and will be a waste of space.



## DIET

### FOR INCREASING WEIGHT: -

A diet of cold water taken in rising flushes to system.

Drink at least nothing with meals but make a habit of taking plenty of good water midway between meals.

Reduce all solid foods to a liquid before swallowing, by thorough mastication.

The best flesh creating foods are on the authority of many famous physicians as follows: All kinds of soup, from which all grease has been extracted or removed, mutton, beef, chicken and turkey, eggs, broiled, scrambled or baked, or in the form of an omelet, potatoes, mashed, boiled or roasted, asparagus, beans, peas, rice, corn, cucumber, cucumbers and all salads in season with white sauce or any of oil, potatoes, apples, dates, figs, peaches, grapes, apricots, all kinds of milk, puddings, cheese, cereals and sandwiches, bread.

All foods should be carefully selected and prepared.  
Cocoa and chocolate are good beverages.

### REDUCTION OF WEIGHT

Excessive perspiration should be induced by exercising in warm weather, clothing light, and by means of the gentle massage, especially where any fatty tissue is deposited.

Avoid all starchy foods and do not drink with meals on any account. White bread, potatoes and cereals must not be taken. Eat lean meat, chicken and game, corn and tongue, white fish, green vegetables, fruit and toast.

Most important of all, avoid constipation. The constipation of physicians and the observation of regularity in coming to stool is added to prevent and cure a decrease. It should go far to prevent the occurrence of this disorder.



## *How to become a great weight-lifter*



**I**t is not my purpose to go fully into the details of scientific lifting, as many works dealing at length with the subject have already been published. True, in certain cases, the author has attempted to describe and to teach lifts at which he was no good, but in most cases one lift has been taught correctly.

Large land of sorgho, millets and other crops, and  
a few trees, but no timber, and a few  
large ponds for irrigation.

These results could be applied and scaled to all weights and all ages, but we have not yet performed this calculation. If your physique discovered,

If you have seen Monte Sardo perched on the summit of a large, solitary, granite stack. Another, a little further east, Monte Domu, was a taller, craggy, rounded rock, the height of the shoulder.

[illegible]

In the case of a sequence  $\{x_n\}$  of points of  $X$  the condition (1) is satisfied if and only if  $x_n \rightarrow x$  in the topology of  $X$ . In the case of a sequence  $\{x_n\}$  of points of  $X$  the condition (2) is satisfied if and only if  $x_n \rightarrow x$  in the topology of  $X$ . In the case of a sequence  $\{x_n\}$  of points of  $X$  the condition (3) is satisfied if and only if  $x_n \rightarrow x$  in the topology of  $X$ .

[illegible][illegible]

I will now give you an assignment. The most important one or two of the lifts that *must* be practiced are the world's best records in all round lifting.

On the one hand, it is in the whole way that it is not only in the "single-handed jerk."





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1968



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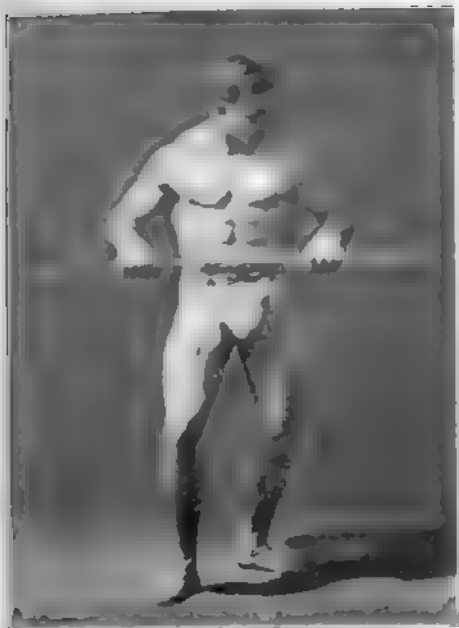
TABLE 1

Summary of the results of the 1990-1991 survey of the distribution and abundance of the 10 most common species of fish in the lower Chesapeake Bay. The data are presented in terms of the number of fish caught per 100 m<sup>2</sup> of bottom area (mean ± 1 SD) and the percentage of the total catch for each species. The data are presented for the entire survey area (n = 100) and for the two main areas of the survey (n = 50 each).

| Species             | Mean ± 1 SD (n = 100) | Mean ± 1 SD (n = 50) | Percentage of Total Catch |
|---------------------|-----------------------|----------------------|---------------------------|
| Atlantic croaker    | 1.2 ± 1.1             | 1.1 ± 1.0            | 1.2%                      |
| Atlantic silverside | 1.1 ± 1.0             | 1.0 ± 0.9            | 1.1%                      |
| Atlantic herring    | 1.0 ± 0.9             | 0.9 ± 0.8            | 1.0%                      |
| Atlantic menhaden   | 0.9 ± 0.8             | 0.8 ± 0.7            | 0.9%                      |
| Atlantic bluefish   | 0.8 ± 0.7             | 0.7 ± 0.6            | 0.8%                      |
| Atlantic tomcod     | 0.7 ± 0.6             | 0.6 ± 0.5            | 0.7%                      |
| Atlantic spot       | 0.6 ± 0.5             | 0.5 ± 0.4            | 0.6%                      |
| Atlantic whitefish  | 0.5 ± 0.4             | 0.4 ± 0.3            | 0.5%                      |
| Atlantic rockfish   | 0.4 ± 0.3             | 0.3 ± 0.2            | 0.4%                      |
| Atlantic sand lance | 0.3 ± 0.2             | 0.2 ± 0.1            | 0.3%                      |



*The Double handed Jerk*



the forward  
You w  
the simultane  
for joy

wh





1. A

2. A

3.

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16.

17.

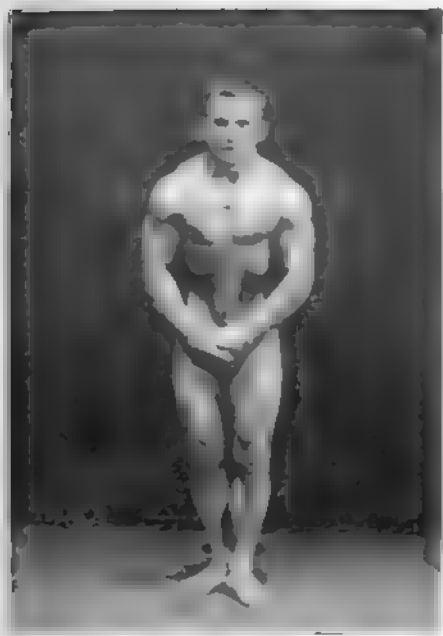
18.

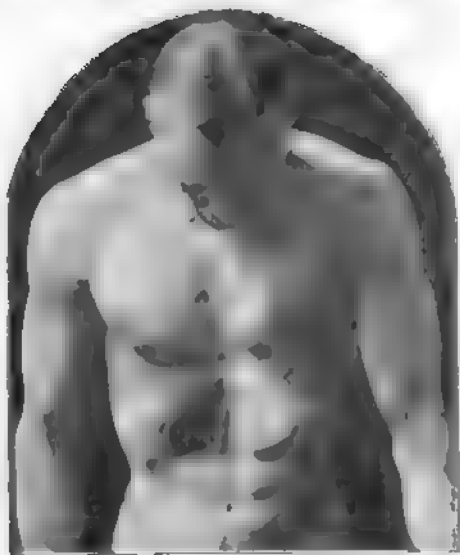
19.

20.









*A few Winners of Awards in the  
Marick Saldo Muscle-Control Competition*



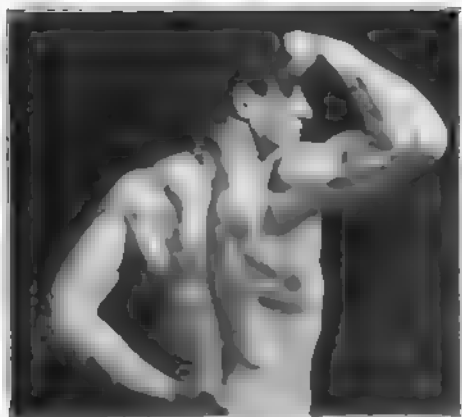














More than a wonderful disfigured man



MANNA

MANNA



MANICK

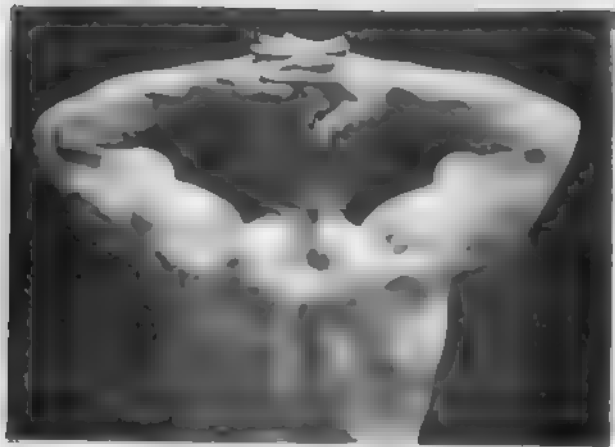




PLATE 10





MAXIM

MENTAL SALDO



For explanation of the exact meaning of the above terms, please refer to  
Mr. Geo. Hana, 52 Bedford St. Street



11/11/11



A Graceful Study by Max Eck



MONTI SALDO



Older sister Teresa Salto age 3



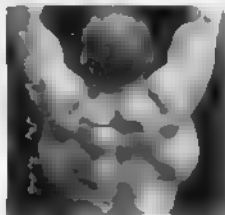
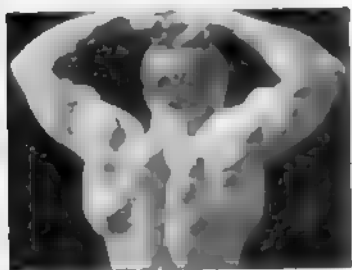
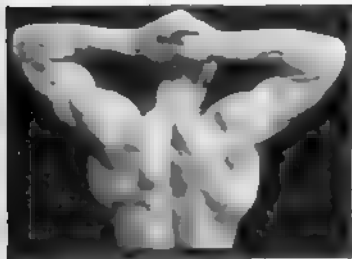
WEHR & MANICK



Alte Nationalgalerie, Berlin. *Alte Nationalgalerie, Berlin. Alte Nationalgalerie, Berlin.*









## *An open letter to Thomas Inch*

DEAR FRED, After that last day we should be  
wondering how often we shall see each other  
again, for Mr. K. at last seems to have  
taken his leave of us for ever. I trust some day  
we shall meet again. (I hope to ask you to move  
back to the old room, but I cannot say for  
your word was your bond.)

[illegible][illegible][illegible]

IDENTSON, HIGGINS, SEYMOUR, and others, who  
have used the case study as a research method.  
All of these are the authors of *What I Am Called*  
trained on one of your systems.

... and ask to know if it is one of the matters of  
... that the ... of ... by ...  
... and ... for the ... as a ...  
... of ... to have ...  
... the ... said that ...  
... the ... in the ...

MAXICK



## THE MAXICK-SALDO SYSTEM

### Treatment of Illness and Disease without Medicine.

The first of these is the fact that the number of people who are in the process of being treated for mental illness is increasing. This is due to a number of factors, including the fact that more people are seeking help for mental health problems, and the fact that there are more people who are in need of help.

Physical treatment: \_\_\_\_\_

Scientific Psycho-Physical exercise free of cost \_\_\_\_\_

## HABIT

It is very probable that you feel a little nervous and worried about the future. You may have lost that sparkle and

| ILLNESS | DISEASE            |
|---------|--------------------|
|         | of genetic disease |

THE BEAT OF MOST AILMENTS

THE SEAT OF THE STATE OF NEW YORK

me

**INDIGESTION**      Year 4      ... which could be digested in 60

**begin to feel out of sorts at odd moments,**

**Who has not met the man or woman with an ailment?**

## THE NERVOUS SYSTEM

even insanity

**TEMPERAMENT** *Very* **IS** *very* **of my** *re* **is**

and that again with the motive power of spiritual elements, some with great mind and an all physical power.

throughout our lives.

TREATMENT OF DISEASES

evolved in the years of our  
judicious movements are in  
and establish and promote a habit of self-preservation  
which will, in every case, protect

There is no cure for Indigestion, Constipation, Liver Troubles, Kidney Disorders, Rheumatism and Gout, Insomnia, Neurasthenia, Weak Heart. We advise you to use a medicine free of charge.

Figure 1. The effect of the concentration of the polymer solution on the rate of polymerization.

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to purchase a copy.* MAXICK AND MONTE SALDO.

---

**H. & F. MILLARD, Earl Street, Westminster.**

MEN "ANY MAN, WANT'S THE FASTER WITH THE SYSTEM!"  
 FINE "BUT WHY? WHAT'S THE USE? IT'S HERE TO STAY."  
 MY LOVE OF SEX WAS WITH THE WOMAN AS SUCH,  
 AND MY PREOCCUPATION TO BE SUCCESSFUL, TO BE  
 SATISFIED THE FASTER DISCOVERY OF THE SYSTEM.



IN MY DARK YEARS  
 THE SYSTEM WAS MY



I WAS OVER 40 YEARS  
 AT HOME



THE SYSTEM



ENERGY  
 CULTURE